



A resource for the sandwich generation:

# Watch list for your parent's health

What to keep an eye out for...

## Household

- The house is no longer as tidy or hygienic as it used to be
- The garden is no longer as well-maintained as it used to be
- The fridge doesn't contain nutritious food, has expired food or no food

## Physical health

- Changes in balance or gait (walking pattern)
- Changes in motor skills, dexterity, vision or hearing
- Decline in mobility such as difficulty with stairs or near falls
- Worsening sleep
- Reluctance to shower or practise personal hygiene

## Cognitive

- Changes in long term or short term memory
- Confusion or agitation
- Forgetfulness (such as losing things or missing appointments)
- Personality and behavioural changes
- Repetitiveness
- Inability to perform everyday tasks
- Depression or loneliness
- A reluctance to leave the home

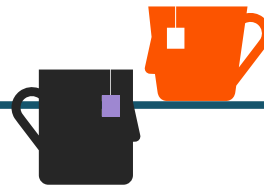
## Health incidents

- A fall, new injury or health diagnosis
- A recent hospital visit
- A lengthy period of illness

If you notice any of these changes, seek medical advice and consider which care options might be best to support your parent.

With early intervention and the right supports in place, they may be able to continue living actively and independently at home.

See the different care options available [here](#).



## Where to go for help

### Your parent's GP

### My Aged Care:

Call 1800 200 422

### Beyond Blue:

Call 1300 224 636 or [chat online](#)

### Australian Unity's home health concierge:

Call 1300 160 170

Explore more support and resources for the sandwich generation  
[australianunity.com.au/wellbeing/sandwich-generation](https://australianunity.com.au/wellbeing/sandwich-generation)

